

Tablets

*Tibetan medicinal product*

**AMZV**

## **What is PADMA LAX and when is it used?**

PADMA LAX is an herbal Laxative manufactured according to the principles of Tibetan medicine (for components see 'What does PADMA LAX contain?'). PADMA LAX acts as a mild (1 tablet per day) to strong (2 tablets per day) Laxative. Additionally it stimulates the digestive functions and reduces flatulence. It is used for the treatment of temporary constipation (e.g. due to change of diet, travel or confinement to bed).

## **What else should be considered?**

In the case of constipation you should, if possible, eat food with high dietary fiber content (vegetables, fruit, whole-grain bread), regularly take a lot of fluid and take care to exercise physical activity (sport). In case of chronic constipation a doctor should be consulted who may prescribe a causal therapy. PADMA LAX is also suitable for diabetics: 1 tablet contains 0.09 g utilizable carbohydrates. The product does not contain lactose and is gluten-free.

## **When must PADMA LAX not be taken?**

PADMA LAX must not be used in the case of intestinal obstruction, diseases of the gastrointestinal tract (e.g. Crohn's disease, ulcerative colitis, appendicitis) and in case of known hypersensitivity to one of the active substances or one of the excipients (see 'What does PADMA LAX contain?').

There are no studies on the use of PADMA LAX in children under 6 years. Therefore, the use in children under 6 years is not recommended.

## **When must PADMA LAX be taken only with caution?**

Laxatives should generally not be taken for longer than 1 to 2 weeks without medical prescription, because otherwise it may lead to habituation. If PADMA LAX is taken for a longer duration or in a dosage higher than indicated, diarrhoea with dehydration and disorders of the mineral balance (incl. potassium depletion) can occur and the intestinal mucosa can be damaged. Long-term treatment must be conducted under medical supervision.

Inform your doctor, your pharmacist or your druggist if

- you are suffering from other diseases,
- have any allergies or
- are taking other medicines (including medicines you bought yourself!).

## **May PADMA LAX be taken during pregnancy or breast feeding?**

During pregnancy and breast feeding PADMA LAX may be taken only if expressly prescribed by your doctor.

## **How do you use PADMA LAX?**

Unless otherwise prescribed by the doctor, adults take 1 or 2 tablets with ample liquid (1 large glass) preferably in the evening or about 1 hour before breakfast. Children above the age of 12 years take 1 tablet as described above. The medicine takes effect after about 8 hours. Adhere to the dosage indicated in the package leaflet or prescribed by your doctor. If you think that the effect of the medicine is too weak or too strong, talk to your doctor, your pharmacist or your druggist.

## **What are the possible side effects of PADMA LAX?**

The following side effects can appear after taking PADMA LAX:

In rare cases slight diarrhoea or abdominal cramps can occur during the treatment. In this case the dose must be reduced or the treatment discontinued. It is also important to drink ample fluids. A red discoloration of the urine may appear during the treatment. This is, however, harmless and will disappear when you stop taking the medicine. If you notice any side effects which are not described here, you should inform your doctor, your pharmacist or your druggist.

### ***What else is there to consider?***

Like other medicinal products, PADMA LAX must be kept out of the reach of children. It must also be protected against light and kept in the original package at room temperature (15-25°C). The medicine may only be used up to the date indicated with "EXP" on the package. Further information may be obtained from your doctor, your pharmacist or your druggist who have access to the detailed product information for medical professionals.

### ***What does PADMA LAX contain?***

One tablet contains: Aloes dry extract 12.5mg, standardised to 2.4-2.6 mg hydroxyanthracene derivatives (solvent: water); the powder of calumba root 10mg; cascara 52.5mg; chebulic myrobalan fruit 35mg; condurango 10mg; elecampane 35mg; frangula bark 52.5mg; gentian root 35mg; ginger 70mg; heavy kaolin 25mg; long pepper 3.5mg; nux vomica 1.75mg; rhubarb 70mg; sodium hydrogen carbonate 15mg; sodium sulphate 35mg. The product also contains excipients.

### ***Marketing authorisation number***

35872 (Swissmedic)

### ***Where can you buy PADMA LAX? What pack sizes are available?***

In pharmacies and drugstores without medical prescription: packs of 20 tablets.  
In pharmacies only with medical prescription: packs of 60 tablets.

### ***Marketing authorisation holder***

PADMA AG, Haldenstrasse 30, CH-8620 Wetzikon, Switzerland.

### ***Manufacturer***

PADMA AG, Haldenstrasse 30, CH-8620 Wetzikon, Switzerland.

**This package leaflet was last checked by the Swiss Agency for Therapeutic Products (Swissmedic) in September 2004.**